

ADVERTISING
IS TO
BUSINESS
WHAT STEAM IS TO
Machinery.

THE COMMONWEALTH.

E. E. HILLIARD, Editor and Proprietor.

"EXCELSIOR" IS OUR MOTTO.

SUBSCRIPTION PRICE \$1.00.

VOL. XVI. New Series--Vol. 4.

SCOTLAND NECK, N. C., THURSDAY, AUGUST 2, 1900.

NO. 31

IF YOU ARE A HUSTLER
YOU WILL
ADVERTISE
YOUR
Business.
SEND YOUR ADVERTISEMENT IN NOW.

THE EDITOR'S LEISURE HOURS.

Points and Paragraphs of Things
Present, Past and Future.

Public education is claiming the attention of the people of North Carolina now as perhaps never before. All over the State the subject has been vigorously discussed during the present campaign, and the people are thinking more about it. There is general belief that the passing of the amendment will wonderfully quicken the interest and that success will be greatly benefited by it.

Speaking of the election that takes place to-day throughout our State, the Norfolk Virginian-Pilot says:

"If the people of North Carolina have not lost the sterling good sense from which they have seldom lapsed in the past, a landslide may be predicted with confidence for the Democratic ticket, and what it stands for. We should regard any supposition to the contrary as an insult to the intelligence, patriotism and probity of our neighboring Commonwealth."

Some days ago a man whom we regarded as intelligent spoke to us disparagingly about the little contribution THE COMMONWEALTH has been making for the famine sufferers in India. We were pained to hear him say that it is England's duty to take care of them. Suppose it is, and England does not see fit to do so, what good will it do the starving people to say, "England ought to relieve your wants?" That will not save them. But the one who says that England has done nothing for those suffering people is much mistaken, for already more than \$1,000,000 have been spent in giving them employment just enough to keep them employed from starving. It is a worthy appeal and the people of this land ought to heed it.

Hon. C. B. Aycock has closed his campaign through the State and to-day exercises his right of franchise by voting for the amendment which he has so ably championed from the mountains to the seashore. It is scarcely remembered by any in the State when there was an able campaigner. Mr. Aycock was seemingly the man of all the Democrats in the State to lead the fight and nobly and well he has done it. Before all the readers of THE COMMONWEALTH have received and read this issue of the paper, the matter will have been decided. The amendment will have been carried and Mr. Aycock will have been elected Governor of North Carolina. He has been untiring in this great campaign and few men have ever had more influence over the popular mind. He is a great man and will make this good old State a great Governor.

We write this several days before the election which will determine whether the people of North Carolina desire to have the proposed amendment to the Constitution; but all indications are so plain that there seems scarcely a doubt about the result of the election. With the negro largely eliminated from politics there will be a freedom of the franchise in the State that we have not known in a third of a century. The necessity of binding every one down to party policy and party interests regardless of the man who represents them, will have passed out, and other questions will be taken up. A broadening of the political horizon for the voters of North Carolina awaits us by reason of the passing of the amendment. It will be possible for good men to differ about other things and maintain respectability on either side.

THE STOMACH OF MAN is subject to a dozen such common but painful affections as cramps, cholera morbus and dysentery, that by neglect, may be made chronic and dangerous. The best, happiest, sweetest and quickest remedy is PAIN-KILLER, a medicine that has been tried for more than a half a century and never failed to give relief. Avoid substitutes, there is but one Pain-Killer, Perry Davis. Price 25c and 50c.

THE ONE DAY COLD CURE.
For cold in the head and sore throat, use Kermath's Cold Cure. It is a sure and quick cure for colds, influenza, croup, whooping cough, and all other colds. Price 25c and 50c.

THE GREAT PREVENTING POWER.
A man with a thin head of hair is a marked man. But the big bald spot on the top of the head of a man most men like. Too many men in their twenties are bald. This is absurd and all unnecessary. Healthy hair shows man's strength. To build up the hair from the roots, to prevent and to cure baldness, use—

ARTHAIR VIGOR
It always restores color to faded or gray hair. Notice that word, "always." And it cures dandruff.
\$1.00 a bottle. All druggists.
My business calls me out among strangers to a great extent. I would naturally feel somewhat every time I would take off my hat, my hair was so thin and the bald spots so prominent. I began the use of Artha Hair Vigor less than three months ago. Today I find I have had a head of hair as I never had before. It is so thick and healthy and shines so brightly. I would not give up my hair for anything. It is a wonderful medicine. G. W. YANTZ, Chicago, Ill. Dec. 14, 1898.

ABOUT BREATHING.

DEEP BREATHING IS GOOD.

A Cure For Consumption.

Refrain.

Physicians of renown have repeatedly made the statement, and are frequently reiterating the assertion, that if people but knew how to breathe and would then give daily attention to the proper manner of inhalation, such a thing as a consumptive need never be known. "There is no reason why any one should die of consumption, nor would the disease exist," says one of them, "if better care were given to general health and an understanding be gained of the right way and the wrong way of breathing." He further insists emphatically that consumption may not only be avoided where there exists what is known as a hereditary tendency in a family or families, but that the disease itself may be arrested when it has made even a considerable headway and that the lungs may be restored to a healthy condition after the tubercular bacilli have for some time been carrying on their work of destruction of the lung tissue.

Ninety-nine per cent of the population are ignorant of the true and only right manner of taking into and expelling from the lungs the constantly inflowing and outgoing air that we breathe. Deep breathing is exhilarating and healing, while the practice so common of inflating but the upper part of the lungs proves dangerous. "Hard colds" may thus be accounted for, and many of the "tired feelings" that overtake the individual who takes less thought to proper personal care than to the amount of work that "must be done." Lung troubles so frequently follow that it is said one-seventh of the human race die from some form of it. The assertion is appalling in the light of the fact that of consumptives there need be none.

The bacilli that carries on the work of destruction through the air-cells of the lungs cannot propagate or live in pure, fresh air. As the bacilli of other species, they thrive only where unhealthy conditions exist and where insufficient nerve-force lives.

One who has ever noticed and made examination of the lungs of animals, or even birds, knows they are of a substance that is spongy and full of the minutest of holes. Through defective breathing but a few inches of the lungs are retaining the poisoned, vitiated air that sooner or later brings disease in its wake. Hence our consumptives and our sufferers from lung and bronchial affections.

Our physicians tell us that "women are the worst offenders in this respect." And it is because they wear clothes that are too snug, corsets that press down upon the lungs and the other vital organs, and it is difficult to breathe freely and deeply. Women who take more of forethought to "look" in form and style than to health and to nature's ways of health provision soon learn to breathe less and less deeply, and the habit is soon acquired of breathing lightly rather than from the very depths of the lungs. Results of an untoward nature in some form must inevitably be the result. If the lungs are not perceptibly affected, because unusually strong, the brain and nerve centers will at least suffer. The blood in its passage through the lungs becomes laden with impurities, and the brain and nerves must suffer the effects. But an understanding of right breathing carried into practice will work miraculous cures and cause many reforms.

Tight corsets and heavy-weight articles of wearing apparel are not conducive to a serene and happy state of mind, for general discomfort of body must prevail under those circumstances. And a discomfort of body must reflect its woes upon faces. Moreover does it reflect upon the faces of children whose mothers have given more care to "form" and society demands than to right living.

Right living means right breathing to a great extent. It is a simple thing to acquire the habit of taking deep breaths, if persisted in. One may take this course of physical training without the services of a physician, and once thoroughly acquired the new habit becomes as fixed as was the old, unless one lapses into carelessness and indifference again.

Step out into the open air, or into a room with open windows and where there is no fire, and expand the lungs to their fullest capacity by a slow drawing in of the breath through the nostrils. Should the exercise need to be taken in a room warmed by fire, first

introduce fresh air by opening doors or windows. Fresh air is all-important. After the lungs are filled and diaphragm expanded exhale the air just as slowly as possible, letting it pass out through the mouth.

If one's lungs are weak to begin with, the inhalation of air by the deep breathing process will prove painful. Finding that it is painful, the patient can cease drawing air into the lungs just as the pain gives warning. But in time the painful sensation gives way to a feeling of rest and exhilaration, and becomes an habitual practice to thus conduct the breathing.

Our physician requires, as in fact demands, if his patient be a woman, that loose clothing be worn and the corset entirely discarded. If the patient is a man no such demands are needed. Men dress sensibly and in comfort. Women do not, as a rule, and in all probability they never will except as the warnings between life and death choosing demand it.

To master the "art" of right breathing one should take exercise of this nature several times each day, but not of periods of long duration. An aid to deep breathing for the purpose of filling the lungs to the very lowest arcells is to raise the arms from the side, lifting them higher and higher until the fingers can be clasped above the head. This as the lungs are undergoing the process of filling. Gradually lower the arms again as the air is slowly expelled. It is an exercise not unpleasant to begin with, and one that grows easier and attended with pleasanter sensation as the patient grows accustomed to it and as the lungs grow stronger.

This is assuredly the cheapest cure in the world—nature's remedy: pure fresh air. And it is a deadly foe to tubercular bacilli. Nostrils will not reach diseased lung tissue, and our physicians are authority for the statement that cod-liver oils and other so-called remedies for consumption are but a waste of money. Many men and women to-day owe their lives to a persistent practice and general adoption of the physician's prescription that consists principally of fresh air taken into the lungs in the right manner. It is such a simple thing, though that many will hesitate to accept it and will go on believing in "change of climate" or cod-liver oils, or in the much worse belief that death is the only and ultimate end that is just in sight. But if we need not die of consumption and kindred ailments, why will we persist in it?

"The doctor" believes firmly in the bicycle for people of weak lungs and bronchial troubles from the fact that it is a violent exercise that compels the rider to puff and blow. And thus a great quantity of air is drawn into the lungs and forced out again, of necessity carrying away with it impurities and air that has lain dormant in the lower air-cells and carrying death to the bacilli that is swarming and propagating in this diseased portion of the human body, that was intended one of the healthiest organs of the entire human system.

A Word With The Boys.

Boys seldom realize the value of the evening hours. If profitably employed the spare hours at the command of every boy and girl would render them intelligent and equip them for a life of usefulness. If these spare hours are wasted, the opportunity for securing an equipment for life may never return. Increasing years mean increasing duties, and exacting demands upon one's time. The boy who spends an hour of each evening loafing idly on street corners wastes in the course of a year, 365 hours, which, if applied to study would acquaint him with the rudiments of the familiar sciences. If, in addition to wasting an hour each evening he spends 10 cts. for cigars, which is usually the case, the amount thus wasted than wasted would pay for ten of the leading periodicals in the country. Boys, think of these things. Think of how much time and money you are wasting, and for what? The gratification afforded by a lounge on the corner, or a cigar, is not only temporary, but positively hurtful. You cannot indulge in them without seriously injuring yourself. You acquire idle and wasteful habits, which will cling to you with each succeeding year. You may in after life shake them off, but the probabilities are that the habits thus formed in early life will remain with you till your dying day. Be warned, then, in time, and resolve that, as the hour spent in idleness is gone forever, you will improve each passing one, and thereby fit yourself for usefulness and happiness.—Lutheran Observer.

Cure Gold in Need.

Kermath's Cholesterol Laxative Ointment, easy to take and quick to cure colds, flu, and sore throats. Price 25c and 50c.

HELP THE SUFFERERS.

Helpless, Starving Children.

STILL THEY PERISH.

Of all the sad sights to be seen in the famine districts, the most pitiable is the helpless, homeless, starving child! Not a few but thousands have not only been made orphans since the famine began, but are wandering along the highways, waifs of a desert country, like drift chips in the sea. Their mothers and fathers have died of starvation, and now they have not a soul to turn to, no kin, no kin, not a single heart among their own people to look after them. It is in the rescue of these orphans, these waifs from the highway from death itself, that the missionaries devote a large part of their working hours. Once in a mission compound, the little starving, if care and food have not come too late, is supported by funds sent to the mission through The Christian Herald. Last month, among the many starving orphan children taken from the fields by Dr. Taylor and his wife, missionaries at Ahmedabad, there came one little girl who insisted on entering the house. She came into the library, and after a brief look about, lisped in her own tongue "Please may I die here?" and then threw herself on the floor and



STARVING CHILDREN.

went to sleep. It is gratifying that the long sleep and the hot milk afterward given to this child, saved her from death and she was added to the fold of orphans in Dr. Taylor's care. Even in the streets of Bombay, there are hundreds of famine children wandering about.

With sunken eyes, hollow cheeks and indented temples, with weak waxy skeleton legs, they totter by the dozen in the footsteps of the European crying "Salam, Sahib" which is their way of saying "Peace to you." Then slapping their hollow and naked stomachs to emphasize their need of food, they continue their piteous supplications, begging for enough food to keep them alive just another hour. Sometimes a mother accosts one, a babe in her arms, trying its little best to get food from the dry parched breast—and this mother will entreat you saying: "Give us something to eat and God will bless you with many children." The group of waifs about her cling as if by instinct to her scant ragged skirts as if they felt that since this woman is a mother to the babe she will act also as a kind mother to all who struggle up to her. Hundreds of orphan children may also be seen in the Government poorhouse and hospitals.

Saving the children in famine time is one of the most encouraging phases of relief work, while to see children starve, to know that the helpless ones cannot be helped, that they must die by inches for want of food, is knowledge that wrings the heart of every christian mother and father. Thousands of these orphans are now in the hands of American missionaries having been plucked by them from the jaws of the famine. They must be turned out to starve unless the missionaries receive the means to purchase food for them.

Send money for these and the other famine sufferers to this paper and it will be forwarded to the India Famine relief fund and will be cable at once to The Christian Herald Inter-Denominational Committee of American missionaries in India for the aid of the starving.

What most people want is something mild and gentle, when in need of a physic. Chamberlain's Stomach and Liver Tablets fill the bill to a dot. They are easy to take and pleasant in effect. For sale by E. T. Whitehead & Co. Druggists.

Pleasures are like poppies spread; You touch the bloom the flower is shed.

A lame shoulder is usually caused by rheumatism of the muscles, and may be cured by a few applications of Chamberlain's Pain Balm. For sale by E. T. Whitehead & Co. Druggists.

Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes.

The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of order, they fail to do their work. Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble, because the heart is over-working in pumping thick, kidney-poisoned blood through veins and arteries. It used to be considered that only urinary troubles were to be traced to the kidneys, but now modern science proves that nearly all constitutional diseases have their beginning in kidney trouble. If you are sick you can make no mistake by first doctoring your kidneys. The mild and the extraordinary effect of Dr. Kilmer's Swamp-Root, the great kidney remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases and is sold on its merits by all druggists in fifty-cent and one-dollar sizes. You may have a sample bottle by mail. Home of Swamp-Root, free, also pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing Dr. Kilmer & Co., Binghamton, N. Y.

Shifting Sands of Political Favor.

The "other side" of political preference—the side about which we hear so little—is shown by Joe Mitchell Chapple in The National Magazine for July:—

There are many tragedies under the brighter and more imposing scenes of Washington life. In one of the cheaper restaurants in Washington, where an egg, a roll and coffee may be secured for nine cents, an old man was speaking. "I slept in the parks last night," he said to a companion, "I could not sell much yesterday."

Twenty years ago he was one of the most prominent public men in Washington. His signature, perhaps, remains attached to many important public documents. Now forgotten and forsaken, sleeping in parks, peddling medicines—all this among the scenes of his prosperity—he awaits an obscure death. Few of his old friends and acquaintances remain at the capital, and he is one of many political "derelicts." When the old man's companion told me of the misfortunes of this man, there was nothing in the recital to inspire a desire for a political career. The death of his wife and two children was the blow that crushed him, and the proud spirit was broken when an unjust political persecution followed; and now he is simply called "queer." During the war he rendered important and valiant service for the government, that called for even more heroism than that required on the battlefield, but the fact that he did not bear arms, and defied his persecutors in a political embroglio later left him an object of public charity.

The laws of health require that the bowels move once each day and one of the penalties for violating this law is piles. Keep your bowels regular by taking a dose of Chamberlain's Stomach and Liver Tablets when necessary and you will never have that severe punishment inflicted upon you. Price 25 cents. For sale by E. T. Whitehead & Co. Druggists.

She Can Talk Again.

Lancaster, Pa., Dispatch.
After having been unable to talk for six years, Miss Sarah Landis, 21 years old, of Ephrata, has had her speech return to her as suddenly as it departed. In the summer of 1893 the subject, then an attractive, well-educated girl, was prostrated by illness, and has never since been able to leave her bed, nervous and spinal disorders complicating her original complaint. Finally her speech suddenly left her while she was engaged in conversation. Skilled physicians were not only unable to help her, but were puzzled to account for her sudden affliction.

As time passed the victim became reconciled to her lot, and through necessity invented an entirely new sign language, by which her family speedily came to learn her every want. The once robust girl passed into so frail a womanhood that she is now reduced to a mere skeleton. Yesterday, while lying in bed, she had some want, and on the spur of the moment called to her sister, who was in the next room. In spite of her years of silence she spoke clearly, and since then she has been able to speak as well as she ever did, but the effort tires her.

She was greatly overjoyed at first over the return of speech, but now appears to feel no emotion whatsoever over its recovery.

H. M. EMERSON, Gen'l Pass. Agent.
J. R. KENLY, Gen'l Manager.
T. M. EMERSON, Traffic Manager.
FOR MALARIA
Use nothing but Macnair's Blood and Liver Pills.
W. H. MACNAIR, Tarboro, N. C.
or E. T. WHITEHEAD & Co., 922 ft. Scotland Neck, N. C.
For Drunkenness and Drug Using.
Keeley Cure
THE KEELEY INSTITUTE, 100 N. 3rd St., Greenboro, N. C.

THE GREAT PREVENTING POWER.

A man with a thin head of hair is a marked man. But the big bald spot on the top of the head of a man most men like. Too many men in their twenties are bald. This is absurd and all unnecessary. Healthy hair shows man's strength. To build up the hair from the roots, to prevent and to cure baldness, use—

ARTHAIR VIGOR
It always restores color to faded or gray hair. Notice that word, "always." And it cures dandruff.
\$1.00 a bottle. All druggists.
My business calls me out among strangers to a great extent. I would naturally feel somewhat every time I would take off my hat, my hair was so thin and the bald spots so prominent. I began the use of Artha Hair Vigor less than three months ago. Today I find I have had a head of hair as I never had before. It is so thick and healthy and shines so brightly. I would not give up my hair for anything. It is a wonderful medicine. G. W. YANTZ, Chicago, Ill. Dec. 14, 1898.

It always restores color to faded or gray hair. Notice that word, "always." And it cures dandruff.
\$1.00 a bottle. All druggists.
My business calls me out among strangers to a great extent. I would naturally feel somewhat every time I would take off my hat, my hair was so thin and the bald spots so prominent. I began the use of Artha Hair Vigor less than three months ago. Today I find I have had a head of hair as I never had before. It is so thick and healthy and shines so brightly. I would not give up my hair for anything. It is a wonderful medicine. G. W. YANTZ, Chicago, Ill. Dec. 14, 1898.

PROFESSIONAL.

Dentist.
The States Building,
Scotland Neck, N. C.

J. P. WIMBERLEY,
OFFICE HOTEL LAWRENCE,
SCOTLAND NECK, N. C.

R. JOHNSON,
ATTORNEY-AT-LAW,
WIMBOR, N. C.

W. J. WARD,
Surgeon Dentist,
ENFIELD, N. C.

A. DUNN,
ATTORNEY-AT-LAW,
SCOTLAND NECK, N. C.

EDWARD L. TRAVIS,
Attorney and Counselor at Law,
HALIFAX, N. C.

A. V. MATTHEWS,
ATTORNEY-AT-LAW,
Collection of Claims a specialty.
WHITEKERS, N. C.

Money and Counselor at Law,
HALIFAX, N. C.

Money Lended on Farm Lands.

Money and Counselor at Law,
HALIFAX, N. C.

Money and Counselor at Law,
HALIFAX, N. C.